

April  
2010

# PRIME TIME NEWS

Mountain View Senior Center

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## SENIOR CENTER HOURS

**Monday - Wednesday**

8:30 a.m. - 9:00 p.m.

**Thursday - Friday**

8:30 a.m. - 5:00 p.m.

## SENIOR CENTER STAFF

STEVE ACHABAL  
Senior Recreation Coordinator

MEGAN GARVERICK  
Recreation Coordinator

CYNTHIA SPINELLA  
Office Assistant III

JUSTINA LINAN  
NANCY HUGYIK  
Recreation Specialist

ELIZABETH MUSSO  
Lunch Program  
650-964-6586

EVENING BUILDING  
ATTENDANTS  
Christian Basconcilo  
Jose DeAnda  
Kyle Ignaitis  
Rich Stephens  
Shona O'Neil  
Kari Thorson

**WORKSHOPS:** Please note that space is limited for all workshops and pre-registration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

## SOCIAL SECURITY SERVICE PRESENTATION -

Everyone has questions about Social Security and now is your chance to get answers and clarifications! This is an overview from Janice Esposito who is a public affairs officer for the South Bay Field Office; she is an expert and is here to help! She will also discuss where the future of Social Security is heading.

**Date: Thursday, April 22nd, 2010**

**Time: 1:00 p.m.**

**Location: Senior Center, TBA**



## UTILIZING YOUR EMAIL ACCOUNT TO THE

**FULLEST!** — Just like we may only utilize a very small portion of our brain's potential, many of us are not using our email accounts to their full potential! Luckily we have a workshop designed just to show you all the tricks for your Google or Yahoo email account! If you already have an active Google or Yahoo email account, you can sign up with Monica Lipscomb for this fun workshop. Please note, basic skills and an active Google online account are required. Space is limited sign up early.

**Date: Thursday, April 22nd, 2010**

**Time: 1:30 p.m.**

**Location: Senior Center, Technology Room**

**LET'S TALK TRAVEL** - If you have an interest in travel please join us. We'll meet to discuss upcoming travel opportunities with the Mountain View Seasoned Travelers. New tours for July - Dec. 2010 will be highlighted with a video presentation. Refreshments of dessert and coffee will be served. Sign up at the front desk.

**Date: Thursday, April 29th, 2010**

**Time: 1:00 p.m.**

**Location: Senior Center, Multi Purpose A**

## ORAL HEALTH CARE & DENTAL APPLIANCES

Discover helpful tips to keep your smile fresh and dental appliances clean. Discuss common challenges in oral care cleaning, and available solutions. Attendees will receive complimentary appliance cleaning product samples! Sign up early!



**Date: Thursday, April 29th, 2010**

**Time: 1:00 p.m.**

**Location: Senior Center, TBA**

WORKSHOPS

# MOVIE MATINEE

Come to one of our double showings!

**WHEN: Tuesdays and Fridays**

**TIME: 1:00 pm**

**WHERE: Multipurpose Room B.**

Both screenings will now have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies and seating begins at 12:30 p.m.



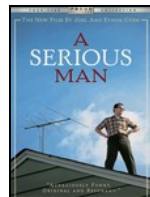
## STAR TREK

**DATES:** Tuesday, April 6 and Friday, April 9

**RATED:** PG-13

**LENGTH:** 123 Minutes

**DESCRIPTION:** Capt. Kirk (Chris Pine) and his trusted team on the starship *USS Enterprise* boldly go where no man has gone before in this installment of Gene Roddenberry's sci-fi franchise that follows the early days of the intergalactic adventurers. The crew includes Spock (Zachary Quinto), Chekov (Anton Yelchin), Uhura (Zoe Saldana), Scotty (Simon Pegg) and Sulu (John Cho). Eric Bana co-stars, and Leonard Nimoy appears as an older version of Spock.



## SERIOUS MAN

**DATES:** Tuesday, April 13 and Friday, April 16

**RATED:** R - For language, some sexuality/nudity and brief violence

**LENGTH:** 106 Minutes

**DESCRIPTION:** Larry Gopnik (Golden Globe nominee Michael Stuhlbarg) has hit a "rough patch," according to a colleague, and it would seem so: people are dropping dead all around him, his wife (Sari Lennick) wants a "get" and his whining kids (Aaron Wolff and Jessica McManus) only add to the heavy load. Larry is just looking for some help. Can a few rabbis guide him to life's answers? Richard Kind co-stars in Joel Coen and Ethan Coen's 1960s-set, dark Jewish-culture send-up.



## LOVE HAPPENS

**DATES:** Tuesday, April 20 and Friday, April 23

**RATED:** PG-13

**LENGTH:** 109 Minutes

**DESCRIPTION:** Aaron Eckhart and Jennifer Aniston star in this romantic tale about life, loss and love. When widower and self-help guru Burke Ryan (Eckhart) unexpectedly falls for Eloise (Aniston), his latent grief threatens his chance at romance. Now, the best-selling author and expert on coping with loss must prove he's his own best teacher or risk losing love again. Martin Sheen, Judy Greer and Frances Conroy also star.



## HURT LOCKER

**DATES:** Tuesday, April 27 and Friday, April 30

**RATED:** R - For war violence and language

**LENGTH:** 130 Minutes

**DESCRIPTION:** Kathryn Bigelow directs this gripping drama (nominated for nine Oscars) following one of the U.S. Army's elite EOD (explosive ordnance disposal) teams operating in the ferocious war zone of Iraq. As the squad identifies and dismantles improvised explosive devices and other bombs, they must also contend with the frayed nerves and internal conflicts that arise from living in constant peril. Jeremy Renner, Anthony Mackie, Ralph Fiennes, David Morse and Guy Pearce star.

**\*\*NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the North side of the building, and some people tend to need an extra layer of clothing during the movie.



**NEWCOMERS' GROUP** - An orientation and tour of the Senior Center is scheduled for **Monday, April 19th, 2010 at 2pm**. It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

**BIG BINGO** - Join us for Big Bingo. This month it will be held on **Monday, April 5th at 1pm** in the lunch room.



**FREE DROP-IN COMPUTER HELP** - We have helping hands ready to assist.... **FREE OF CHARGE**. Whether new to the computer, or in need of a refresher, several volunteers can get you pointed in the right direction. Mondays with JUDY 1-3PM. Fridays with RANDY 10:30AM-12:30PM. Come to the computer lab, it's that easy!!!

**GIVE US YOUR EMAIL** - if you would like to receive the Senior Center Monthly Prime Time News Newsletter via email, please come to the front desk to give us your name and email address.

**BOOKS FOR SALE** - Located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby, are donated paper back books for sale. Books are 10 cents each and can be paid for at the front desk. Maximum amount to be taken at one time is 5!



**USED BATTERIES**-The front desk will only accept batteries that have tape on the bottom and top connectors.

**DVD COLLECTION** - The Senior Center has a collection of a variety of DVDs available for check out at the front desk. You can check out up to five DVDs at a time and have them for one week. Come by the front desk to view our movie selections.



**DONATIONS** - The Mountain View Senior Center accepts a variety of donations.

**ACCEPT ONLY**

Old eyeglasses  
Magazines  
Paperback books only

**(no romance novels)**



**FREE TABLE**

Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. Small items only!

**EXERCISE ROOM CARD**



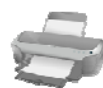
Based on the popularity of the exercise room and the nature of exercising, this room could not function without your patience and understanding. For safety reasons and for the protection of our equipment, please remember that if you do not bring your card, you cannot exercise in the room. All of those without cards will be asked to stop exercising and come to the front desk. If you have never received an exercise card, please come to the front desk and sign up for exercise orientation. Orientation is on Tuesday evenings and Wednesday afternoons. We appreciate your cooperation in the exercise room.

**WHEN NOT TO COME TO THE EXERCISE ROOM?** - Staff asks that you allow exercise orientation students to use the room during orientation. You may be asked to leave during the following times:  
TUES: 7:00p.m. – 7:30 p.m. and EVERY WED: 2:30p.m. – 3:00 p.m.

**SENIOR CENTER TELEVISION**



**POLICY** - In order to maintain a tranquil and pleasant environment, the front lobby television is currently turned on only for major news and sporting events. The Senior Center staff determines a television volume that respects the activities of other patrons in the lobby. Thank you for your cooperation.



**COMPUTER PRINTER**

**POLICY** The first 5 printouts per day are free. After that, printouts cost 5 cents each, not to exceed 25 printouts per person per day.

**PARKING** - Due to the popularity of our center, parking fills up early. There is overflow parking across the street at the Rock Church Parking lot. Cars parked illegally will be cited.

# TAX PREP CORNER SPECIAL EVENTS

Tax assistance will be provided by AARP volunteers. Tax appointments will be available each Tuesday and Wednesday, 9:00am-12 noon until Wednesday, April 14th. You can make an appointment at the Senior Center front desk.

## What to bring to your appointment:

- Copy of last year's state & federal income tax returns
- W2 form (from employer)
- 1099-INT (regarding interest)
- 1099-DIV (regarding dividends)
- 1099-R (retirement and IRA income)
- SSA-1099 from social security
- 1099-B (for sale of stock)  
plus original cost and date of purchase info.
- Any other 1099 Forms received
- If deductions are claimed, bring information to Support
- Name and address of landlord to receive state renter's credit
- Property tax bill paid 2009
- Sales tax paid on new car purchase in 2009

Due to Tax Assistance, **Ping Pong Table A will not be available:** Monday Evenings, Tuesdays and Wednesdays. February 1st, 2010 - April 14th, 2010

## **SENIOR ADVISORY COMMITTEE**

The Senior Advisory Committee is an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center.

Meetings are held on the 3rd Wednesday of each month (except August & December 2010) from 2:00-4:00p.m. Upcoming meetings will be: Wednesday, April 21st and May 19th.



## Free Hearing Testing -

Get your hearing tested FREE by students from San Jose State on **Tuesday, April 6<sup>th</sup>** from 9-11am. Time slots are available, sign up in advance at the front desk!



## **A "Luau under the Palms" Spring Dance!!!**

Save the date for this year's Hawaiian themed Dance scheduled for **Wed, May 19, 2010 8-10pm.** Featuring the Jerry Jay's Quartet and free refreshments.

## GAMES

Pool tables	Game room - first come, first serve
Big Bingo	1st Monday of the month
Ping Pong	Sign up boards in Game Room
Playing Cards	available at the front desk.
Mah Jong	available at the front desk.
Chess Sets	available at the front desk.
Puzzles	in the gallery outside the game room

## VOLUNTEER CORNER

### FEBRUARY

Blood Pressure	3
Brown Bag	192
Receptionists	175.75
Social Services	38
Teaching	78.25
<b>Total</b>	<b>487</b>



## HEALTH SERVICES

**ALZHEIMER'S SCREENING** - Free behavioral screenings offered on the **fourth Wed** of each month (**4/28/10**). PLEASE NOTE: this is NOT a medical screening, only a behavioral analysis. Call the front desk at (650) 903-6330 for an appointment.

**BLOOD PRESSURE CHECK** Come to the counseling room to have your blood pressure checked by volunteer nurses on **Friday between 10:30-11:30 a.m.**



**EYEGLOSS REPAIR** - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**4/13/10 and 4/27/10**). Call the front desk at (650) 903-6330 for an appointment.

**HICAP** - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second and fourth Tuesday** of each month (**4/13/10 - AM Appts and 4/27/10 - PM Appts**) Call (650) 903-6330 for an appointment.



**HEARING SCREENING** - Visit Dr. Tang the **Second Tuesday (4/13/10)** of each month. Call the front desk at (650) 903-6330 for an appointment.

**PODIATRY SCREENING** - Free evaluations on **Third Wednesday (4/21/10)** of each month. Call the front desk at (650) 903-6330 for an appointment.

## SOCIAL SERVICES

**SENIOR ADULT LEGAL ASSISTANCE (SALA)** - The **1st and 3rd Thursday (4/1/10, 4/15/10)**. Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Call the front desk at (650) 903-6330 for an appointment.

## FOOD SERVICES



**BROWN BAG** - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.

**NUTRITION PROGRAM** Lunch is served **Monday - Friday** at 11:45a.m., sign in by 11:15 a.m. Suggested donation is **\$2.50** + more information can be found on pages 8 + 9. Sponsored by Community Services Agency, (650) 964-6586.



## VTA TRANSIT SENIOR CITIZEN CARDS/STICKERS

- VTA will be at the Senior Center on **Thursday, April 15, from 10:00 a.m. to 12:00 p.m.** to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. Also, a limited number of discount stickers go on sale the 15th of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon. Exact change is necessary. The cost is \$25.00 per sticker.** Cash only please.

**AARP DRIVER SAFETY REFRESHER COURSE** - **Tues, April 6, 2010 from 5:30 p.m. to 10:00 p.m.** The fee for the **refresher** driving instruction session is \$12 for AARP members and \$14 for non members. To register, come in or mail a check, payable to AARP, dated the first day of the class. Send to the Mountain View Senior Center, P.O. Box 7540 Mtn. View, CA 94039. Cash cannot be accepted.

**REGULAR CLASS** - AARP Safety Program class offered by AARP at the Mountain View Senior Center is scheduled for **Tuesday, June 22 and June 29, 2010 from 6 p.m. to 10:00 p.m.** The fee for the 8.0 hour classroom driving instruction session is \$12 for AARP members and \$14 for non members. To register, come in or mail a check, payable to AARP, dated the first day of the class. Send to the Mountain View Senior Center, P.O. Box 7540 Mtn. View, CA 94039. Cash cannot be accepted.

**EXERCISE ORIENTATION** - is offered on Tuesday Evenings and Wednesday Afternoons. To be able to use the exercise room, you must sign up for orientation at the front desk. Please call the front desk for times and sign ups.



## IT'S BACK! STEPPING STRONG WALKING CLUB!!!

Look down. See your feet? Those tootsies are an excellent source of exercise. Now think of the words "Stepping Strong". Got it? "STEPPING STRONG" is a walking club available to those that are ready to enjoy the experience of

walking themselves to better health. It's easy and fun. Plus, you have a chance to make new friends. Come out on **Thursday, April 1<sup>st</sup> at 10:00 a.m. in the front lobby.**

## COMMUNITY SERVICES AGENCY INFORMATION & REFERRALS -

On the **third Tuesday of each month at 11am**, representatives from the Community Services Agency of Mountain View and Los Altos will be on-site to answer your questions. You will find them in the hallway in front of the Social Hall. Stop by to ask them about all of the valuable services and resources available to you. No appointment is necessary.

## NATIONAL VOLUNTEER WEEK, APRIL 18-24, 2010

National Volunteer Week honors the individuals who dedicate themselves to taking action and solving problems in their communities. National Volunteer Week presents an opportunity for individuals, families, nonprofit organizations and government entities alike to celebrate the ordinary people who accomplish extraordinary things through service.

A big thank you to all the Mountain View Senior Center volunteers. We can't do it without you!

- Front Reception Desk
- Nutrition Program
- AARP Tax Preparation
- Brown Bag
- Classes - Yoga, Creative Stitchery, Knitting, Tai Chi, Karaoke, Line Dancing, Qigong, Social Dance Club, Square, Dancing, Therapeutic Yoga for Seniors, Woodcarving

## HELP US SERVE YOU BETTER!

Break out that pencil and voice your opinions in **April's Senior Center survey!** Look for it at the lunch program, exercise room, Game Room, classes, or you can pick one up at the front desk.

Your effort and opinions are greatly appreciated. All **spring 2010 senior surveys** are due back to the front desk by **May 3<sup>rd</sup>, 2010.**

The Recreation Division presents

## 32<sup>nd</sup> Annual Spring Family Parade where we will "Explore the Great Outdoors"!

Come be part of a community-wide event that will focus on Outdoor Activities! Don't get stuck inside, explore the great outdoors, and celebrate all the wonderful opportunities that are just around the corner.

The Parade will begin on Castro Street at Villa Street on **Saturday, April 24<sup>th</sup> at noon** and continue into Pioneer Park for crafts, games, music and fun!

For more information call the Recreation Division at (650) 903-6331.

## Senior Center's Annual Resource Fair

**Thursday, May 6th, 2010  
3:30p.m. - 6:00 p.m.**

### Mountain View Senior Center

Come out and receive tons of useful information presented by providers of in-home care to legal assistance for seniors and everything in between! Free refreshments will be served and there will be a Raffle the day of the event for a chance to win some fun prizes! Be sure to mark your calendars!

# Mountain View Seasoned Travelers

**NEW TRAVEL  
DESK HOURS**

For travel information, registration and payment:  
Monday, Tuesday, Wednesday and Fridays at the front desk, 8:30am-12:00pm and Thursdays at the travel desk in front of the social hall from 10:00 - 11:45am

TRAVEL

## RENO GETAWAY

**WHEN:** April 11-12, 2010 Sunday-Monday  
**COST:** \$90.00 p/p, double occupancy/ Singles occupancy add \$25.00  
**INCLUDES:** Silver Legacy Accommodations. Casino Bonus Value: \$35.00. **Optional Dinner & Show Package: \$55.00 p/p Shake, Rattle & Roll**, at the beautiful El Dorado Showroom!

**DEPART:** 7:30 a.m.  
**SUNDAY**  
from Rengstorff Park  
**RETURN:** 9:00 p.m.  
**MONDAY** Approximately



## LET'S TALK TRAVEL

Thursday, April 29, 2010

If you have an interest in travel please join us. We'll meet in Multi Room A, to discuss upcoming travel opportunities with the Mountain View Seasoned Travelers. New tours for July-Dec. 2010 will be highlighted with a video presentation. Refreshments of dessert and coffee will be served. Please R.S.V.P. for this fun and informative event at the front desk.

## CHUKCHANSI CASINO

**WHEN:** Thursday, May 6, 2010  
**COST:** \$30.00 p/p  
**INCLUDES:** Casino Bonus: \$10 Free Play or Match Play and \$5 Food Credit  
**DEPART:** 7:30 a.m. Rengstorff Park  
**RETURN:** 5:30 p.m. Approximately

## BLACK OAK CASINO, Tuolumne

**WHEN:** Friday, June 4, 2010  
**COST:** \$ 21 per person  
**INCLUDES:** round trip transportation via luxury motor coach and driver's gratuity  
Casino Bonus: \$10.00 Cash & \$5 Match Play  
Valid photo I.D. – casino bonuses subject to change without notice.  
**DEPART:** 7:30am from Rengstorff Park  
**RETURN:** 5:30pm Approximately

## JACKSON RANCHERIA CASINO

**WHEN:** Thursday, July 8, 2010  
**COST:** \$33.00 p/p  
**INCLUDES:** round trip transportation via luxury motor coach and driver's gratuity  
**DEPART:** 7:30 a.m. Senior Center Parking Lot  
**RETURN:** 5:30 p.m. Approximately, Senior Center






## TABLE MOUNTAIN CASINO,

Friant, CA  
**WHEN:** Wednesday, August 4, 2010  
**COST:** \$20.00 p/p  
**INCLUDES:** round trip transportation via luxury motor coach and driver's gratuity. Casino Bonus: \$5 Cash  
**DEPART:** 7:30 a.m. Senior Center Parking Lot  
**RETURN:** 5:30 p.m. Approximately, Senior Center

## BEE'S and TREE'S DAY TRIP

**WHEN:** Monday, May 24, 2010  
**COST:** \$81.00 p/p  
**INCLUDES:** **MARSHALL'S HONEY BEE FARM**  
- Travel to Marshall's Honey Bee Farm, American Canyon for a guided tour and honey tasting. You'll enjoy a tour of the farm and explanation of honey production including a video presentation and a honey tasting with food pairing. **V. SATTUI WINERY** - Upon arrival to this lovely estate, they will be treated to a private gourmet picnic within the beautiful tree covered picnic area. Lunch will include a choice of sandwich, German-style red potato salad, seasonal fruit, bottled water and a cookie. A winery tour and tasting are included.  
**PETRIFIED FOREST** - The day will continue with the breathtaking drive to the Petrified Forest in Calistoga. Upon arrival enjoy a optional docent lead meadow walk which will include the history of the Petrified Forest. In the Petrified Forest are rich deposits of minerals, crystal, wood opal, Obsidian, Silica, and others, some of which are available for purchase in the gift shop. The group will also enjoy a visit to the on site museum.  
**DEPART:** 9:00am, from Rengstorff Park  
**RETURN:** 6:00pm approximately



Mon	Tue	Wed
<p><b>NUTRITION PROGRAM</b> - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come first served.</p> <p> = Meal contains more than 1000mg sodium</p>		
<p>5 10:30 Dancing, lunch room 11:45 LUNCH MENU <b>Sesame Orange Chicken</b> Brown Rice Green Salad Orange 1:00 BIG BINGO, lunch room</p>	<p>6 11:45 LUNCH MENU <b>Swedish Meatballs</b> Over Egg Noodles Baked Tomato Spinach and Cheese Salad  Pineapple 1:00 Movie, Star Trek</p>	<p>7 10:30 Line Dancing, lunch room 11:45 LUNCH MENU <b>Chicken A La King</b> Brown Rice Pilaf Seasonal Vegetables Apples 12:45 Bingo, lunch room</p>
<p>12 10:30 Dancing, lunch room 11:45 LUNCH MENU <b>Sloppy Joes OR Cheeseburger</b> Tomato &amp; Onion slices Coleslaw Fresh Fruit Sugar- Free Gelatin </p>	<p>13 8:30 HICAP 9:15 Eyeglass Repair 11:45 LUNCH MENU <b>Oven Roasted Chicken Breast</b> Brown Rice Sautéed Fresh Broccoli, Cauliflower, and Carrots Salad Peaches 1:00 Movie, Serious Man 2:00 Hearing Screening</p>	<p>14 10:30 Line Dancing, lunch room 11:45 LUNCH MENU <b>Beef Stuffed Bell Pepper w/ Sauce</b> Marinara Noodles w/ Garlic and Fresh Basil Italian Blend Vegetables Fresh Fruit 12:45 Bingo, lunch room</p>
<p>19 10:30 Dancing, lunch room 11:45 LUNCH MENU <b>Chicken Enchilada</b> Mexicali Corn w/ Bell Peppers  Low-Sodium V-8 100% Vegetable Juice Fresh Fruit 2:00 Newcomers Group</p>	<p>20 11am information + Referral 11:45 LUNCH MENU <b>Szechwan Chicken</b> Garden Salad Brown Rice Sautéed Cabbage Pineapple 1:00 Movie, Love Happens</p>	<p>21 10:00 Podiatry Screening 10:30 Line Dancing, lunch room 11:45 LUNCH MENU <b>Beef Stew</b> Green Salad Whole Grain Bread Au Gratin Potatoes Citrus 12:45 Bingo, lunch room 2:00 Senior Advisory Committee Meeting</p>
<p>26 10:30 Dancing, lunch room 11:45 LUNCH MENU <b>Spaghetti w/ Meat Sauce</b> Marinated Salad Sautéed Fresh Broccoli Fruit</p>	<p>27 9:15 Eyeglass Repair 11:45 LUNCH MENU <b>Corn Chowder &amp; Fish</b>  Hard Boiled Egg Whole Grain Roll Sautéed Asparagus Orange 1:00 Movie, Hurt Locker 1:00 HICAP</p>	<p>28 10:30 Line Dancing, lunch room 11:45 LUNCH MENU <b>BBQ Chicken</b> Pasta Salad Cauliflower &amp; Carrots Apple 12:30 Alzheimer's Screening 12:45 Bingo, lunch room</p>



# APRIL 2010 LUNCH MENU AND ACTIVITIES

Thu	Fri
<p>1 10:30 Dancing, lunch room 11:45 LUNCH MENU <b>Chicken Asparagus Pecan Pasta</b> Penne Pasta Caesar Salad Tropical Fruit Cup Sugar-Free Jello 1:00 SALA Appts</p> 	<p>2 10:30 Dancing, lunch room 10:30 Blood Pressure 11:45 LUNCH MENU <b>Breaded Fish Filet</b> Sautéed Cabbage, Carrots, and Mushrooms Whole Grain Roll Citrus 1:00 Movie, Swing Vote</p>
<p>8 10:30 Dancing, lunch room 11:45 LUNCH MENU <b>Baked Fish w/ Seasonings</b> Sweet Potatoes Seasoned Broccoli Whole Grain Roll Fresh Fruit</p>	<p>9 10:30 Dancing, lunch room 10:30 Blood Pressure 11:45 LUNCH MENU <b>Pasta Primavera w/ Ham</b> Whole Wheat Spaghetti Garlic Bread Garden Salad Banana and a Oatmeal Cookie 1:00 Movie, Star Trek</p> 
<p>15 10:30 Dancing, lunch room 10:00 VTA Cards 11:45 LUNCH MENU <b>Chicken Cordon Bleu w/ Ham</b> Pesto Whole Wheat Noodles Green Salad Green Beans Mandarin Oranges 1:00 SALA Appts</p> 	<p>16 10:30 Dancing, lunch room 10:30 Blood Pressure 11:45 LUNCH MENU <b>Chinese Pepper Steak</b> Fried Brown Rice Oriental Vegetables Spinach Banana and Birthday Cake 1:00 Movie, Serious Man</p> 
<p>22 10:30 Dancing, lunch room 11:45 LUNCH MENU <b>Spinach Salad &amp; Black Bean Soup</b> Hard Boiled Egg Whole Grain Muffin Vanilla Yogurt &amp; Bananas 1:00 Social Security Workshop 1:30 Email Workshop</p> 	<p>23 10:30 Dancing, lunch room 10:30 Blood Pressure 11:45 LUNCH MENU <b>Mediterranean Fish</b> Brown Rice Pilaf Broccoli &amp; Cauliflower Carrot Raisin Salad Apricot 1:00 Movie, Love Happens</p>
<p>29 10:30 Dancing, lunch room 11:45 LUNCH MENU <b>Stuffed Cabbage</b> Brown Rice w/ baked veggies, feta, broccoli, carrots, zucchini, cucumber, red bell pepper &amp; cherry tomatoes Fruit 1:00 Oral Health Workshop 1:00 Travel Meeting, Multi Purpose A</p>	<p>30 10:30 Dancing, lunch room 10:30 Blood Pressure 11:45 LUNCH MENU <b>Egg Frittata</b> Whole Grain Muffin Three Bean Salad Garden Salad Sugar-Free Gelatin w/ Pineapple 1:00 Movie, Hurt Locker</p> 

## Mexican Baked Fish

Prep Time: 15 Minutes  
Cook Time: 15 Minutes  
Ready In: 30 Minutes  
Servings: 6

### INGREDIENTS:

1 1/2 pounds cod  
1 cup salsa  
1 cup shredded sharp Cheddar cheese  
1/2 cup coarsely crushed corn chips  
1 avocado - peeled, pitted and sliced  
1/4 cup sour cream

### DIRECTIONS:

1. Preheat oven to 400 [degrees](#) F (200 degrees C). Lightly grease one 8x12 inch baking dish.
2. Rinse fish fillets under cold water, and pat dry with paper towels. Lay fillets side by side in the prepared baking dish. Pour the salsa over the top, and sprinkle evenly with the shredded cheese. Top with the crushed corn chips.
3. Bake, uncovered, in the preheated oven for 15 minutes, or until fish is opaque and flakes with a fork. Serve topped with sliced avocado and sour cream.



# WEEKLY EVENTS

(regularly scheduled classes & events that may occur each week)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Adaptive Yoga	9:00 Drawing/Watercolor	9:00 Ceramics-Sculpt	8:45 Adaptive Yoga	8:45 ESL, Beg + Int.
8:45 ESL - Beg. +Int	9:30 Brown Bag	9:00 Painting Club	8:45 ESL - Beg. & Int.	9:00 Calligraphy
9:00 Creative Stitchery	10:30 Strong for Life	9:00 Managing your pix	9:00 Ceramics-EGF	10:00 Feldenkrais
9:00 Meet the PC	11:45 Lunch	9:30 Chorus	10:00 General Cond.	10:30 Computer Help
9:00 Managing your pix	12:30 Spanish-Int.	10:00 Therapeutic Yoga	10:00 VTA Cards, 3rd TH	10:30 Blood Pressure
10:15 T'ai Chi	1:00 Karaoke	11:45 Lunch	10:00 Qigong	10:30 ESL- BH and AL
10:30 Adaptive Yoga	1:00 Low Impact Aerobics	1:00 Computer help	10:00 Trips Desk	11:45 Lunch
10:30 ESL- BH and AL	1:00 Workout/Broadway	1:00 Ceramics-Basic	10:30 Adaptive yoga	1:00 English Con.
11:45 Lunch	2:15 Workout/Broadway	1:00 Knitting/Crochet	10:30 ESL B.H. & A.L.	1:00 Line Dancing
1:00 Bingo, 1st Monday	2:30 Chinese Chorus	1:15 Orchestra	11:00 Health Library	2:15 Square Dancing
1:00 Computer help	5:30 Flowing Movement	5:30 Qigong	11:45 Lunch	
1:00 Woodcarving			12:30 Memoirs	
1:30 Quiltmaking			1:00 Computer Help	
2:30 Tai Chi/ Qigong			1:00 General Cond.	
7:00 Social Dance Club			1:00 Workout/Broadway	
			1:00 Low Impact Aero	
			1:00 Ceramics-Basic	
			1:00 Fig & Port Drawing	
			2:15 Workout/Broadway	

## CLASS TIMES AND DAYS ARE SUBJECT TO CHANGE

Class Start and End dates are in the Winter/Spring Class Guide that is located at the front desk.

**Registration for the classes that occur at our center, takes place through the following agencies:**

### **MV-LA, Mountain View Los Altos Adult Education**

Three options for registration:

1. Visit MV-LA at 333 Moffett Blvd
2. Call (650)-940-1333 with your credit card available.
3. or visit their website to register for this class at [www.mvlaae.net](http://www.mvlaae.net)

**FOOTHILL-** Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information you can call (650)-949-7321.

**VOLUNTEER –** These classes are free and there is no need to register. Please just attend.

**IN CLASS** - Register for these classes with the class instructor.

**PICK UP A WINTER/SPRING 2010 CLASS GUIDE AT THE FRONT DESK FOR MORE INFORMATION.**